

Colchester Parks & Recreation



Discounted
Great Escape &
Six Flags tickets
available
(Page 23)

"Optimizing the Experience of Living"

Colchester Parks & Recreation

PO Box 55, 781 Blakely Road

Colchester, VT 05446

Phone: 802-264-5640

Hotline: 802-264-5645

www.colchestervt.gov

Office Hours: Monday - Friday:

8:00 a.m. - 4:00 p.m.

**Summer Registration begins as soon
as you receive this brochure!**

Spring/Summer 2012

April - May - June - July - August



General Information

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DIRECTOR'S WELCOME

It is with great pride that we present to you the 2012 Summer Activity Guide. Program Coordinators, Jenn Turmel and Hank Dombroski have worked very hard to provide great opportunities for you and your family this summer. Whether it is activities on the lake or land there is a program in here for everyone. It is not just new programs, we are also providing a new, outdoor adventure race. With the success of the Colchester Triathlon, Assistant Director, Derek Mitchell has decided to create a race that combines trail running, kayaking and mountain biking. This new race will take place in September so keep your eyes out.

As our community makes it way out of the difficult economic times of the last few years, we are thankful that you have continued to support our department. We have tried to keep our programs exciting and affordable. Your support of the Parks Capital Plan has enabled us to keep our parks up to the standards that the community expects. As the last few months of winter pass by, remember to take advantage of the wonderful park system this summer. Make a promise to yourself and your family to recreate with us whether it is in our parks or registering for a program.

I would like to take this time to thank all of my staff and volunteers who work so hard providing recreational opportunities for our community. These folks work on weekends, nights and holidays to make sure that your recreational experiences are memorable. As always we encourage you to contact us if you have an idea for a program or are interested in instructing a program. Remember to recreate this summer and enjoy what Colchester has to offer.

Yours in Recreation,
Glen Cuttitta, CPRP
Director
Colchester Parks and Recreation Department

PARKS & RECREATION BOARD

Todd Perry, Chair	Linda Lovell	Kevin Hatin
Owen Banks	Steve Morton	Dick Pecor
Stuart Marceau		

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, beginning on **March 28, 2012**.

Info Hotline Phone #: 264-5645

Call for the most up to date information about our parks & programs.

OFFICE INFORMATION

Location: 781 Blakely Road, Colchester, VT
Mailing Address: PO Box 55, Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

PARKS & RECREATION STAFF

Glen Cuttitta, CPRP, Parks & Recreation Director
gcuttitta@colchestervt.gov Direct Line: 264-5641
 Derek Mitchell, CYSA, Assistant Parks & Recreation Director
dmitchell@colchestervt.gov Direct Line: 264-5642
 Jennifer Turmel, CPRP, Program Coordinator
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 Cathy Neary, Administrative Assistant
cneary@colchestervt.gov Direct Line: 264-5640
 Mike LaPan, Temporary Administrative Assistant
mlapan@colchestervt.gov Direct Line: 264-5640
 Ted Ryan, Parks Supervisor
tryan@colchestervt.gov Direct Line: 864-4363

METHODS OF PAYMENT

We accept **VISA & MASTERCARD** credit cards, checks and cash.



CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

SCHOLARSHIPS

Proceeds raised through the Recreation Departments Summer Pink Flamingo campaign are used to offer residents full or partial scholarships towards programs listed in this brochure. Scholarship Request Forms need to be completed and submitted to the Parks & Recreation Director in advance. Additionally, the Denyse M. Conant Scholarship Fund has been created to support those in financial need, wishing to participate in our recreation programs. A full or partial waiver of fees (residents only) are available to those requesting assistance. Scholarship Request Forms are available at the Recreation Department and on our web site under Downloadable Forms. The Town of Colchester, Parks & Recreation Department and the Conant Family thank all those who've donated towards this special fund, keeping Denyse's commitment towards recreation and community strong.

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Camp Weekly Availabilities

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TABLE OF CONTENTS CAMPS AVAILABLE	Age/Grade	Page #	June 18 - 22	June 25 - 29	July 2 - 6 (no 4th)	July 9 - 13	July 16 - 20	July 23 - 27	July 30 - August 3	August 6 - 10	August 13 - 17	August 20 - 24
Camps Listed Alphabetically by Age												
Yoga Mini Camp	Ages 3.5 - 5	11	X									
Jr. Explorer Camp	Ages 4 - 6	11	X	X	X	X	X	X	X	X		
Superhero Camp	Ages 4 - 7	11										X
Baseball & Softball Camp	Ages 5 - 12	15				X						
Multi Sports Camp	Ages 5 - 14	16										X
Soccer Camp	Ages 5 - 12	16						X				
Basketball Camp	Ages 6 - 14	14		X								
Cheer Camp	Ages 6 - 12	17										X
Cricket Camp	Ages 6 - 14	16										X
Explorer Day Camp	Ages 6 - 12	12	X	X	X	X	X	X	X	X	X	
Fusion Taekwon-Do Camp	Ages 6 - 12	15						X				
Girls Creative Yoga Camp	Ages 6 - 11	17	X									
Paint-your-own Pottery Camp	Ages 6 - 12	19		X								
Volleyball Camp	Ages 6 - 14	16										X
Girls Gymnastics Camp	Ages 7 - 14	14		X								
Reduce, Reuse & Beach Beautification	Ages 7 - 12	9	X									
Secrets in the Sand Camp	Ages 7 - 12	9	X									
Tennis Academy	Ages 7 - 14	14	X	X			X	X	X		X	
Cooking Camp - Level 1	Ages 8 - 11	20					X	X				
Cooking Camp - Level 2	Ages 8 - 12	20					X	X				
A Bug's Life Camp	Ages 8 - 12	20								X		
Boys Lacrosse Camp	Ages 8 - 15	15					X					
Dance Intensive 3 Day Camp	Ages 8+	17									X	
Football Camp	Ages 8 - 14	16							X			
Girls Lacrosse Camp	Ages 8 - 13	14	X									
Greek Greatness Camp	Ages 8 - 12	20								X		
Hook A Kid on Golf	Ages 8 - 15	14	X							X		
Information Technology Camp	Ages 8 - 11	19		X								
Jewelry Bead Blast Camp	Ages 8 - 12	19		X								
Knitting Camp	Ages 8 - 12	19	X									
Nature Camp	Ages 8 - 11	18							X			
Performing Arts 2 Week Camp	Ages 8 - 12	20				X	X					
Recycle Challenge	Ages 8 - 12	20								X		
Skateboard Camp	Ages 8 - 14	16										X
Space Camp	Ages 8 - 12	19				X						
Public Services Awareness (PSA) Camp	Ages 9 - 14	21				X						
Archery Camp	Ages 10 - 15	15				X				X		
Bike Camp	Ages 10 - 14	14	X									
Fishing Camp	Ages 10 - 15	15				X				X		
Lights, Camera, Action! Camp	Ages 10 - 14	21										X
Northern Lights 5 Day Camp	Ages 10 - 15	18									X	
Northern Lights 3 Day Camp	Ages 10 - 15	18										X
Woods, Water & Wildlife Camp	Ages 10 - 15	18					X					
Junior Lifeguarding Camp	Ages 11 - 14	9						X				
W.A.T.E.R. Adventure Program	Ages 11 - 14	9						X				

Spring Programs

COUPLE'S YOGA

Ages 18+

New

Come spend some time with your partner adding a twist to your date night. We begin with some gentle supported yoga postures followed with exploring a variety of relaxing massage techniques. Come expecting to laugh and play, perhaps while making a connection you haven't had in a while. Snacks and drinks are to follow.

Minimum: 4, Maximum: 8 couples.

#360016A Saturdays 6:00 - 8:00 p.m. Apr. 14 & May 12

INSTRUCTOR: Deb Malgeri

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$70 residents/\$75 non residents per couple

EASTER EGG HUNT

**Saturday, April 7, 2012
10:00 a.m. at Bayside Park**

Join the Easter Bunny for a great hunt. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Don't miss out! Dress appropriately because you never know what Vermont's weather has in store for us. Bring a bag or basket to put your eggs and goodies in.

**Sponsored by The Colchester Lions Club &
The Colchester Parks & Recreation**



START SMART BASEBALL

Ages 3 - 5

This program introduces children to baseball in a fun, non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-Registration is required. Please indicate on your registration form if your child is right or left handed.** **Minimum: 8, Maximum: 15.**

#388012A Tuesdays 6:15 - 7:00 p.m. Apr. 24 - May 29

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Park, Next to Pavilion

FEE: \$50 residents/\$55 non residents

FUNDAMENTALS OF KIDS JEWELRY

Ages 8 - 12

New

This class will teach children how to measure, design and complete elastic and hemp bracelets. Your child will enjoy making and taking home their bracelets. **Minimum: 5, Maximum: 15.**

#385001A Saturdays 10:00 - 11:30 a.m. April 21 & 28

INSTRUCTOR: Bethany Cassell

LOCATION: Colchester Senior Center

FEE: \$35 residents/\$40 non residents



FUNDAMENTALS OF JEWELRY MAKING 2 WEEK SERIES

Ages 16+

New

Fundamentals of Chainmaille: In these classes you will learn how to use jump rings to create patterns and incorporate beads. Learn to select beads of different types, colors and textures.

Fundamentals of Wire Shaping: In this 2 week workshop you will learn how to just wire in an alternative format to shape and define your piece. You will learn how to select wire types, correct bead sizes, color and types.

Fundamentals of Wire Wrapping: In this 2 week workshop you will learn how to wrap headpins to connect beads in two different formats. Learn to mix and match beads of different sizes, colors and textures. **Minimum: 5, Maximum: 15.**

Session A: Fundamentals of Chainmaille

#385002A Thursdays 5:30 - 7:30 p.m. Apr. 26 & May 3

Session B: Fundamentals of Wire Shaping

#385002B Thursdays 5:30 - 7:30 p.m. May 10 & 17

Session C: Fundamentals of Wire Wrapping

#385002C Thursdays 5:30 - 7:30 p.m. May 24 & 31

INSTRUCTOR: Bethany Cassell

LOCATION: Colchester Senior Center

FEE: \$40 residents/\$45 non residents



PRINCESS BALLERINA TEA PARTY

Ages 5 - 6

New

Welcome to an hour of magical fun for your royal highness. Each class we will practice beautiful ballet moves, talk about different princess stories, and end with a new princess craft. During the final class your little one will attend the royal ball, so be ready in your perfect princess attire and come join us in a delightful and enchanting time. **Minimum: 3, Maximum: 6.**

#389000A Mon - Fri 5:30 - 6:30 p.m. June 4 - 8

INSTRUCTOR: Rachel Bilodeau

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$70 residents/\$75 non residents

**Registration for spring & summer
programs/camps can begin as soon
as you receive this brochure!**

Special Events

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COLCHESTER "TOUCH A TRUCK"

Saturday, May 5, 2012

Colchester High School, Parking Lot

9:00 - 10:30 a.m. (quiet time - no sirens)

10:30 - 11:00 a.m. (sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on bulldozer's, police cars, ambulances, fire trucks and a variety of other vehicles. This is going to be a great event. Don't forget your cameras to capture the smile on your child's face as



they sit on the large trucks in amazement. **FREE EVENT, RAIN OR SHINE.**

COLCHESTER 4th OF JULY CELEBRATION

Fun Run: 8:15 a.m. at UMS

Parade: 11:00 a.m. in the Village

Concert: 6:30 p.m. - 8:45 p.m.

Fireworks: Dusk at Bayside Beach



28th ANNUAL COLCHESTER TRIATHLON

Sunday, July 29, 2012

9:00 a.m. at Bayside Park

Start training now for the Colchester Triathlon. You can take your pick of .5 mile swim or 2 mile kayaking/canoeing. Then survive the 12 mile bike and 3 mile run. Sign up early because the race is limited to the first 375 entries. For more information, application or to volunteer contact the Recreation

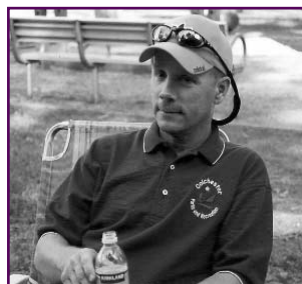


Department at 264-5640. Registration will be accepted on www.active.com

6th ANNUAL BILL KOHLASCH WIFFLE BALL TOURNAMENT

August 17 & 18, 2012

(August 17th - Games will be played under the lights)



Double Elimination Tournament
Cost: \$225 per team

All proceeds go to the Kohlisch Children College Fund

Bill was a teacher at Malletts Bay School for 18 years and worked as the Summer Coordinator at Colchester Parks & Recreation for 16 years. Bill was instrumental in creating the first ever Wiffle® Ball League in the Fall of 2003. Bill passed away peacefully at his home on April 13, 2005 following a five year battle with melanoma. Bill may be gone, but will never be forgotten.

MUCK IT UP - SPRINT ADVENTURE RACE

New

Saturday, September 15th, 2012
Bayside Park, Colchester

New

The Muck It Up Sprint Adventure Race will consist of trail running (6 miles), mountain biking (3.5 miles), paddling (3 miles) and a few mystery physical challenges throughout the course. Two person teams may consist of male, female, or coed teams. Teams will follow a pre-marked off-road course during the running and mountain biking segments of the race and paddle on the Winooski River. Compass reading and orienteering will not be necessary. A full set of race rules are available on www.colchestervt.gov web site under Parks & Recreation Department - Special Events. * Course distances and rules are subject to change. Cost per team is \$115.00. This will include post race refreshments, race shirt, and finisher's award. Register today as this race only has room for 80 total teams!

VOLUNTEERS NEEDED

This race will require a large amount of volunteers. If you are unable to race, or just want to come out and be a part of the action, volunteering is one of the best ways to do it! All volunteers will receive free race shirts, food and a great time! If you would like to volunteer at the 2012 Muck It Up Sprint Adventure Race please contact the race director at 264-5642 or dmitchell@colchestervt.gov. Thanks!

Summer Concert Series

Lower Bayside Park (Beachside), All Concerts begin at 7:00 p.m.

Join us for Colchester's summertime tradition. Bring your lawn chairs, your blankets and picnic dinner to Lower Bayside Park for our summer concert series. Enjoy great music with the beauty of Malletts Bay as your backdrop. **Admission is FREE.**

July 12: Last Words

"Last Words is a classic and modern rock band from Colchester, VT playing covers from the likes of the Rolling Stones and Lynyrd Skynyrd to more modern acts such as Jet and the Black Crowes." Audiences of all ages are sure to enjoy these talented Colchester artists!



July 19: Wellfleet (Folk)

Named after the peaceful and charming resort town at the end of Cape Cod, Wellfleet is committed to the ideal that music brings everyone together. With songs such as Bob Dylan's "All Along the Watchtower", Peter Gabriel's "Sledgehammer", and Ray Lamontagne's "For the Summer", the duo focuses on cover songs that appeal to the masses, while also infusing accessible original material into their set list.

www.cuzinrichard.com/artist_detail.cfm?ArtistID=247



July 26: The MILES Band (Funk, Soul, Blues and Rock & Roll)



Peter Miles has been delighting audiences all over New England for over 18 years. Now "The MILES Band" puts on live shows packed with great danceable tunes. With three talented vocalists each leading songs in turn and contributing warm harmonies to the mix, "The MILES Band" produces really fun, high-quality shows for all sorts of occasions. Miles is a seasoned performer with an extraordinary vocal range and his own vivid, unique guitar style. He creates a sound-scape that's more detailed and colorful than anyone might expect from one man with a guitar. www.milessongs.com

August 2: Chad Hollister Band

The Chad Hollister Band has always been dedicated to the proposition that live music is the best music. Chad's goal with every song he has ever written has been to find a way to use it to connect with his fans with the raw energy that can only be felt in concert. Through five albums Chad Hollister has moved audiences with his expressive lyrics and resonant guitar sound. Whether playing the drums or singing songs that touch your heart, Chad's canvas has always been the stage and making new friends through an explosive live performance. www.chadmusic.com



August 9: Carol Ann Jones & The Superchargers



The Superchargers are regional greats: Andre Maquera on lead-guitar and backing vocals; Will Patton on mandolin, steel guitar, bass and backing vocals; Gary "Spud" Spaulding on drums & percussion; Thom Carvey on bass and sax and Carol Ann Jones on lead vocal and acoustic guitar. This band's fresh take on rockabilly, country, rock & roll, bluegrass and contemporary music has something for everyone! Engaging and electric, come see what the talk is all about! www.carolannjonesmusic.com



A.C.E.

(Active, Creative, Enrichment) Before & After School Program For Children Grades K - 6

**Malletts Bay School
Porters Point School
Union Memorial School**

We would like to introduce you and your child to our Vermont State Licensed A.C.E. Before & After School Program. We are excited to be able to offer a program that will provide your child a structured, nurturing and safe environment before & after school. Our staff will offer age appropriate activities that will create social, physical, creative and emotional opportunities for growth.

A.C.E. Program Mission Statement

*** Provide children with an Active, Creative, Enriching
before & after school experience**

***Provide staff who strive for excellence**

***Support parents by providing a quality and affordable
before & after school environment for their children**

Before School Program - MBS Only

Our morning program begins at 7:00 a.m. and is structured to allow various drop off times. The children will play games, board games, arts & crafts & more.

After School Program - MBS, UMS & PPS

Our afternoon program will provide quality childcare that parents can rely upon throughout the school calendar year. Students will work on homework, play games, make arts & crafts, play outside, go on field trips and much more. A healthy snack & juice is provided for the children each day.

Cost Per Week School Year 2012 - 2013

Before School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$39	\$34
4 days/week	\$35	\$31
3 days/week	\$31	\$28
2 days/week	\$25	\$23

After School Care

Days Attending	1st Child	Additional Child
5 days/week	\$75	\$70
4 days/week	\$67	\$63
3 days/week	\$55	\$52
2 days/week	\$42	\$40

Both Before & After School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$99	\$94
4 days/week	\$88	\$84
3 days/week	\$73	\$70
2 days/week	\$56	\$54

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. 1 day option is not available.

Our Staff

All Before & After School staff selected by the Recreation Department must undergo a complete background check. Site Directors have education degrees and Site Assistants are working toward a degree in education or similar field.

Schedule & Calendar

The A.C.E. Program follows the Colchester District School Calendar and runs Monday - Friday before school from 7:00 a.m. - 8:30 a.m. (MBS only) and is available after school until 6:00 p.m. (all sites)

Registration & Enrollment

Parents must complete a registration form and submit it with a \$20 non-refundable registration fee (one time fee for new registrants to A.C.E.) along with the first week payment. Children who cannot be immediately enrolled will be placed on a waiting list. Parents will be contacted by Colchester Parks & Recreation on the status of their child's enrollment.

Anyone wishing to participate in the program that is not currently enrolled may register beginning March 26, 2012.

Enrollment Changes

All changes in enrollment must be approved by the Program Coordinator. A two week written notification is required for all enrollment changes. A \$5.00 fee will be assessed for each change in enrollment. Enrollment changes must be on a permanent basis unless there is a one time emergency and permission may be granted.

Payments

Payments are due on the 14th of every month. Payments are to be made by automatic withdrawal from a savings or checking account. We will also accept Visa or Mastercard which will be placed on file.

Financial Assistance

Assistance is available through the Vermont Agency of Human Services - Childcare Services Division. For an application or further information on the Vermont Childcare Subsidy Program call 1-800-339-3367.

For more information or to get a registration packet contact Jennifer Turmel, Program Coordinator for the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov



A.C.E. Registration Form



Colchester Parks & Recreation Department 2012 - 2013 A.C.E. BEFORE & AFTER SCHOOL PROGRAM

GENERAL INFORMATION

Child's Name: _____ Date of Birth: ____/____/____

Grade (2012 - 2013): _____ Age: _____ Sex: M F

Site (please check one): _____ Malletts Bay School _____ Union Memorial School
_____ Porters Point School

Please check days registering for **BEFORE SCHOOL: MBS ONLY** (must register at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

Please check days registering for **AFTER SCHOOL** (must register for at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

PRIMARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Employer: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

Who will be responsible for the payments: _____

SECONDARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Employer: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

EMERGENCY CONTACTS

(THREE MUST BE PROVIDED - OTHER THAN PRIMARY/SECONDARY GUARDIANS):

#1 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #1 to pick up your child (please circle) YES NO

#2 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #2 to pick up your child (please circle) YES NO

#3 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #3 to pick up your child (please circle) YES NO

Web-Trac Procedures

Now you can register 24/7 online!
Registration can be made as soon as you
receive this brochure



What is Web-Trac?

WebTrac is our **online registration system**, which provides our customers with an additional method of registering for select Colchester Parks & Recreation activities. Those with internet access can view class availability, register for a class, and view their class history 24 hours a day. WebTrac is the system that enables you to browse and/or enroll online for programs and activities offered by the Colchester Parks & Recreation Department. You can use WebTrac as a Guest and browse our program listings or log on as a Registered User to enroll. To connect as a guest, just click the Guest button on the WebTrac site.

FIRST TIME USER: If you have registered for Colchester Parks & Recreation programs, but have not used WebTrac before, you are a first time user. Your User Name is your e-mail which you have placed on file with our department and your password is your home phone number with no dashes (example: 8022645640). If you have this information you can log onto WebTrac and follow the instructions for FIRST TIME USER. Once you are logged in it will prompt a screen that will give you the option to change your user name and password.

NEW USER: If you have never registered for anything at the Colchester Parks & Recreation Department, you are a new user. To receive a User Name and Password, log on and follow the instructions for a NEW USER. **STILL NOT SURE** if you have an active account? Send us an email at recreation@colchestervt.gov

PLEASE NOTE:

All registrants will be considered either a RESIDENT OF COLCHESTER or NON-RESIDENT. Residents are persons living in, or owning property in, Colchester Town limits. We reserve the right to require proof of residency.

Resident/Non-resident registration dates will still be observed for online registration. Residents may begin to register as soon as you receive this brochure. Non-residents may begin registration at 12:01 a.m. on Monday, March 28, 2012.

Programs must be paid in full when registering online.

The system will NOT allow you to:

- * Register individuals from other households.
- * Register children who do not meet the specific requirements for a class. For example, if a minimum age requirement for a class is 5 years old it will not permit you to register a child who is 4 years and 11 months.
- * Refund a class. Please see our Refund and Cancellation procedures on the bottom of this page. If you need assistance with a refund please contact the Parks and Recreation Department at 264-5640.
- * Transfer to another class. If you accidentally signed up for the wrong class or decide to change a class, please contact the Parks and Recreation Department at 264-5640 for assistance.
- * Apply for scholarships.

CANCELLATION & REFUND POLICY

Programs that do not meet the minimum number of registrants may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested cancellation & refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

COLCHESTER



BUILDING BRIGHT FUTURES OF COLCHESTER

Building Bright Futures of Colchester (BBFC), is thrilled to announce the continuation of our grant from the Building Bright Futures of Chittenden County - Vermont Success by Six Initiative and Department of Human Services.

Vermont's Future Starts with Today's Children

PLAYGROUP

Ages Birth - 6

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. Parents please bring a snack for your child. **Minimum: 10.**

#390000A Wednesdays 9:30 - 11:00 a.m. Jul. 11 - Aug. 8

FACILITATOR: Building Bright Futures of Colchester

LOCATION: Colchester Meeting House, Downstairs

FEE: FREE

WELCOME BABY ICE CREAM SOCIAL

Ages Birth - 18 months & Parents (COLCHESTER RESIDENTS ONLY)

Bring your baby down to the front grass between the Burnham Memorial Library and Meeting House for an Ice Cream Social. Meet other Colchester families with babies and start friendships. A great way for new families with young children in town to connect. Siblings are welcome. **Pre-registration required.**

#390002A Saturday 12:00 - 2:00 p.m. July 14

HOSTS: BBFC & Burnham Memorial Library

LOCATION: Burnham Memorial Library, Front Lawn

Rain Location: Colchester Meeting House

FEE: FREE

CVRA AMAZING PARK CHALLENGE

Teams of 6 (All ages)



The Champlain Valley Recreation Association (www.cvravt.org) would like to challenge you and your friends and family to get outdoors for an exciting summer of new adventures and activities in the parks that surround you. Register your team and receive a passport that grants a

one-time admission for all your members into a number of pre-selected parks in the Champlain Valley throughout the summer. Complete activity pages and gather stamps in your passport at each of the parks to earn great outdoor gear prizes! A giant kick-off party will be held at Charlotte Beach on Sunday, May 20th. The big finale will be held at Leddy Park on Sunday, August 12th to end the challenge! You won't want to miss out on this exciting adventure!

PURCHASE OF PASSPORTS BEGINS APRIL 2nd.

#365000A Days & times you are available May 20 - Aug. 12

FACILITATOR: CVRA Members

LOCATION: Parks in the Champlain Valley

FEE: \$25 residents/non residents per team

**Registration for summer programs and
camps can begin as soon as you receive
this brochure!**

Waterfront Camps & More

BAYSIDE BEACH: LIFEGUARD ON DUTY

June 18 - August 19, Monday - Friday: 10 a.m. - 6 p.m., Saturday & Sunday 10 a.m. - 5 p.m.
DAILY ADMISSION IS FREE

PRIVATE SWIMMING LESSONS

Ages 3 - 14

Do you want to learn to swim or strengthen your strokes but don't feel comfortable in a group setting? Then private lessons are just what you need. Private lessons consist of six-half hour lessons. We work around your schedule to give you the most effective and informative lessons taught by our Water Safety Instructors. *Registrants will be contacted in early May to set up your private lessons.*

#313001A Days & times are worked out with swim instructor

#313001B Second session of Private Lessons after Session A is complete

INSTRUCTOR: Colchester Parks & Recreation Waterfront Staff

LOCATION: Bayside Beach

FEE: \$55 residents/\$60 non residents



SECRETS IN THE SAND CAMP

Ages 7 - 12



Do you love playing in the sand, finding things and making sand sculptures? If so, this camp is for you! In this half day camp you will discover what lies beneath the sand and make art projects from shells and beach treasures. You will also have the opportunity to make some amazing sand art on the beach and some to bring home. **Each day participants will need to bring: bathing suit, towel, warm clothing, sunscreen, water and a snack. Minimum: 6, Maximum: 14.**

#310001A Mon. - Fri. 8:00 a.m.- 12:00 p.m. June 18 - 22

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Beach

FEE: \$65 residents/\$70 non residents

JUNIOR LIFEGUARDING CAMP

Ages 11 - 14

Get a jump start on becoming a lifeguard! Participants will learn about prevention, fitness, response, leadership and professionalism while gaining hands-on experience on a lake setting. Participants will have an opportunity to get the full "Guard Experience" to see if that is the summer profession they are truly interested in by assisting certified lifeguards. **Each day participants will need to bring: bathing suit, towel, warm clothing, sunscreen, water and a snack. Minimum: 6, Maximum: 14.**

#317002A Mon. - Fri. 8:00 - 12:00 p.m. Jul. 23 - 27

INSTRUCTOR: Colchester Parks & Recreation Lifeguards

LOCATION: Bayside Beach

FEE: \$65 residents/\$70 non residents

If registering for Secrets in the Sand & Reduce, Reuse and Beach Beautification or Jr. Lifeguarding and W.A.T.E.R. Adventure Program there will be supervision of your child provided between 12 - 12:30 p.m. Children must bring a lunch if attending both camps.

REDUCE, REUSE AND BEACH BEAUTIFICATION

Ages 7 - 12



This camp will empower your child through a sometimes shocking look at our impact on the water around us. Interactive orientation, gloves and bags will be provided for clean-up on the beach and nearby areas. Items found will be interpreted by staff. Children will also learn about recycling, reduce, reuse and the impact recycling makes on the planet. This is a great program to learn about the earth and have fun doing so! **Each day participants will need to bring: bathing suit, towel, warm clothing, sunscreen, water and a snack. Minimum: 6, Maximum: 14.**

#310001B Mon. - Fri. 12:30 - 4:30 p.m. June 18 - 22

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Beach

FEE: \$65 residents/\$70 non residents

W.A.T.E.R. ADVENTURE PROGRAM

Ages 11 - 14



Water, Awareness, Training, Education and Recreation offers a wide variety of summer recreational activities for young people at Colchester beaches. W.A.T.E.R. strives to provide a quality aquatic program. Experienced lifeguards instruct and supervise the youth activities and share their knowledge of the water environment. This program will include different water activities daily from canoeing, water exploring, snorkeling and so much more. **Each day participants will need to bring: bathing suit, towel, warm clothing, sunscreen, water and a snack. Minimum: 6, Maximum: 10.**

#310000A Mon. - Fri. 12:30 - 4:30 p.m. Jul. 23 - 27

INSTRUCTOR: Colchester Parks & Recreation Lifeguards

LOCATION: Bayside Beach

FEE: \$65 residents/\$70 non residents

***NEW* ADULT & FAMILY WATER PROGRAMS & WATER AEROBICS CLASSES LOCATED ON PAGE 23**

Swimming Lessons

10

We provide an enjoyable learn-to-swim program with proven professional methods and techniques. Our staff of certified instructors have been carefully trained. Several of them have been with our program for many years. We believe swimming lessons should be considered carefully for the success you look to achieve. Swimming lessons will be taught on both land and water, therefore lessons are held rain or shine, except during an electrical storm. Four day sessions consist of 50 - minutes of instruction. Class size is limited to ensure quality instruction. Please review the skills required for each level (below) and register your child for the appropriate class. Instructors may move a child to a different level while maintaining our low ratio of children to instructor if the child is in the wrong level. Also, levels will be combined to hold classes, but be assured this will not compromise the quality of class. Classes will be held at Bayside Beach. Class sizes are limited; therefore registration will be taken on a first come first serve basis.

LEVEL CLASSIFICATIONS

PARENT/CHILD LESSONS (KNOWN AS P/C): Parents & Children ages 6 months - 3, this class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

LEVEL 1: TADPOLES (WATER EXPLORATION): Ages 3+ Prerequisite: Children should have an interest in swimming and be able to participate independent from parents. Goal: Gradual water adaptation, breath holding, submersion of face, eyes open under water, bubble blowing, bobbing with bubbles and air exchange, supported front and back floats.

LEVEL 2: FROGS (PRIMARY SKILLS): Ages 4+ Prerequisite: Children should have a basic understanding of front and back floats and be able to put face under water and blow bubbles. Front float and recover, back glide and recover, enter and exit water independently.

LEVEL 3: DOLPHINS (STROKE DEVELOPMENT): Ages 6+ Prerequisite: Children should be able to float and do the beginners stroke for at least 5 yards. Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

LEVEL 4: WHALES (STROKE DEVELOPMENT): Ages 7+ Prerequisite: Children should be able to glide and recover both front and back. Should be able to cover 15 feet on their front and back kicking and have at least a crude arm motion. Goal: develops confidence in the strokes learned and to improve other aquatic skills.

LEVEL 5: CROCODILES (STROKE REFINEMENT): Ages 8+ Prerequisite: Children should be able to swim front and back with arms for at least 20 feet. Goal: Front crawl with breathing, backstroke with arms, tread water, surface dives, introduction to butterfly.

LEVEL 6: SHARKS (SKILL PROFICIENCY): Ages 8+ Prerequisite: Children should have a strong front crawl with breathing, know the backstroke and be able to tread water. Goal: Develop maximum efficiency and endurance for strokes, introduce flip turns, encourage lifetime fitness, refine strokes learned in previous levels, learn advanced rescue skills.

DATES OF CLASS

Classes are held Monday - Thursday. Make-ups will be held if the class was cancelled by the Recreation Department on Friday with a maximum of one make up day.

FEE

\$30 residents/
\$35 non residents per session

PARENT VIEWING

Once lessons begin we ask parents to view from the hill or by the stone wall so the children will focus on the instructor.

PARKING

Parents are asked to park at the Bayside Parking Lot at Bayside Park and walk across to the beach for lessons.

For Day Camp Swim Lessons Registration see page 12.

Session A: June 18 - 21

2:00 - 2:50 p.m.	Level 1: 311A3	Level 2: 312A3	
4:10 - 5:00 p.m.	Level 3/4: 313A4	Level 5: 315A4	
5:10 - 6:00 p.m.	P/C: 310A5	Level 1/2: 311A5	Level 3: 313A5

Session B: June 25 - 28

10:10. - 11:00 a.m.	Level 3: 313B1	Level 4: 314B1	
2:00 - 2:50 p.m.	Level 2: 312B3	Level 3/4: 313B3	Level 5/6: 315B3
4:10 - 5:00 p.m.	Level 2: 312B4	Level 3: 313B4	
5:10 - 6:00 p.m.	P/C: 310B5	Level 1: 311B5	Level 2: 312B5

Session C: July 2 - 6 (No Class July 4th)

10:10 - 11:00 a.m.	Level 1/2: 312C1	Level 3: 313C1	Level 4: 314C1
2:00 - 2:50 p.m.	P/C: 310C3	Level 1: 311C3	Level 2: 312C3
4:10 - 5:00 p.m.	Level 2: 312C4	Level 3: 313C4	Level 5: 315C4

Session D: July 9 - 12

10:10 - 11:00 a.m.	Level 1: 311D1	Level 2: 312D1	
2:00 - 2:50 p.m.	Level 3: 313D3	Level 4: 314D3	
4:10 - 5:00 p.m.	Level 1: 311D4	Level 2: 312D4	
5:10 - 6:00 p.m.	Level 2: 312D5	Level 3: 313D5	Level 4: 314D5

Session E: July 16 - 19

10:10 a.m. - 11:00 a.m.	Level 5: 315E1	Level 6: 316E1	
2:00 - 2:50 p.m.	Level 1: 311E3	Level 2: 312E3	Level 3: 313E3
4:10 - 5:00 p.m.	P/C: 310E4	Level 2: 312E4	
5:10 - 6:00 p.m.	Level 1/2: 311E5	Level 3: 313E5	Level 4: 314E5

Session F: July 23 - 27

10:10 a.m. - 11:00 a.m.	Level 2: 312F1	Level 3: 313F1	
2:00 - 2:50 p.m.	Level 1: 311F3	Level 2: 312F3	Level 3: 313F3
4:10 - 5:00 p.m.	Level 1: 311F4	Level 2/3: 312F4	
5:10 - 6:00 p.m.	Level 3: 313F5	Level 4: 314F5	Level 5/6: 315F5

Session G: July 30 - August 3

10:10 a.m. - 11:00 a.m.	P/C: 310G1	Level 1: 311G1	
2:00 - 2:50 p.m.	Level 2: 312G3	Level 3: 313G3	
4:10 - 5:00 p.m.	Level 4: 314G4	Level 5/6: 315G4	
5:10 - 6:00 p.m.	Level 1: 311G5	Level 2: 312G5	Level 3: 313G5

Session H: August 6 - 10

2:00 - 2:50 p.m.	P/C: 310H3	Level 2: 312H3	Level 3: 313H3
5:10 - 6:00 p.m.	Level 1/2: 311H5	Level 3/4: 313H5	Level 5/6: 315H5

Little Ones Camps & Programs

JUNIOR EXPLORER CAMP

Ages 4 - 6



Jr. Explorer will be a new adventure for your children. This full day camp will have exciting activities for your child to enjoy. Jr. Explorers will experience arts & crafts, non-competitive games, outside play and go to the beach each day. Also, campers will go on a field trip (locally) or be visited by an enrichment specialist. When trips are planned, parents will be notified at the beginning of the week. **Please bring a lunch, snack, sunscreen, water bottle, bathing suit and towel daily. CAMPERS WILL RECEIVE SWIMMING LESSONS AS PART OF THIS CAMP. LESSONS WILL BE HELD 11:10 - 11:50 AM MONDAY - THURSDAY (Make up date: Fridays).** Campers will receive one t-shirt for the summer, please indicate shirt size when registering. **Minimum: 12, Maximum: 25.**

Session A

#385000A Mon - Fri 8:00 a.m.- 4:00 p.m. June 18 - 22

Session B

#385000B Mon - Fri 8:00 a.m.- 4:00 p.m. June 25 - 29

Session C

#385000C M, T, Th, F 8:00 a.m.- 4:00 p.m. July 2 - 6
(no camp on the 4th)

Session D

#385000D Mon - Fri 8:00 a.m.- 4:00 p.m. July 9 - 13

Session E

#385000E Mon - Fri 8:00 a.m.- 4:00 p.m. July 16 - 20

Session F

#385000F Mon - Fri 8:00 a.m.- 4:00 p.m. July 23 - 27

Session G

#385000G Mon - Fri 8:00 a.m.- 4:00 p.m. Jul 30 - Aug 3

Session H

#385000H Mon - Fri 8:00 a.m.- 4:00 p.m. August 6 - 10

LOCATION: Malletts Bay School, Cafeteria **FEE:** \$120 residents/\$125 non residents **Session C Only:** \$96 residents/\$101 non residents

CREATIVE YOGA MINI CAMP

Ages 3½ - 5

Swim like a dolphin! Dance like a snowflake! This coed camp is a joyful approach to teaching children about themselves, each other, and the universe in which they live. This fun and engaging camp weaves together yoga, expressive movement, cooperation activities, songs, crafts and stories helping promote children's self-confidence, expression, and mutual self-respect. Children experience the joy of being in their body, connecting with the breath, and they learn to celebrate their individuality and uniqueness. Children must be fully potty trained. **Please pack your child a healthful snack and water bottle. All equipment will be supplied. Minimum: 4, Maximum: 6.**

#381001B Mon - Fri 12:30 - 2:15 p.m. June 18 - 22

INSTRUCTOR: Sylvia Kabusk, Founder of Girl Spirit Camps and Workshops, Owner of Ananta Yoga

LOCATION: Colchester Meeting House, Upstairs

FEE: \$63 residents/\$68 non residents



CALLING ALL SUPERHEROES! SUPERHERO CAMP

Ages 4 - 7

Superhero Camps are a GREAT way for children to interact with others in their area while learning important lessons in character. The curriculum is based on our six pillars of character - Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. During their time at camp, participants will do arts and crafts, play games, and engage in activities that promote the 6 pillars of character. Superhero Camps are open to boys and girls. All camps are half days (3 hours), and each camper receives a camp t-shirt with their registration. Costumes are provided so every camper feels like a Superhero! For more information about this program visit www.theepicbrands.com **Minimum: 10, Maximum: 16.**

#386013A Mon - Fri 9:00 a.m. - 12:00 p.m. August 20 - 24

INSTRUCTOR: Epic Brands Instructors

LOCATION: Colchester Meeting House, Upstairs

FEE: \$142 residents/\$147 non residents

CRAFTS, DANCING & SUCH

Ages 3 - 4 & 5 - 6



This class is designed to help prepare your young one for dance classes in the future. Together with Ms. Michelle and a special competition dance team helper you will explore the world of dance through games, crafts and fun activities that promote self control, coordination & dance class etiquette. This class is offered in two age categories, 3 & 4 year olds and 5 & 6 year olds so make sure to specify which class your child will be in. **Minimum: 2, Maximum: 5.**

Session A: Ages 3 - 4

#381000A Tues & Thurs 5:15 - 5:45 p.m. Jul. 17 - Aug. 2

Session A1: Ages 5 - 6

#381000A1 Tues & Thurs 6:00 - 6:45 p.m. Jul. 17 - Aug. 2

INSTRUCTOR: Michelle Little

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$60 residents/\$65 non residents

START SMART SOCCER

Ages 3 - 5

This program introduces children to soccer in a fun, non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE. Pre-registration is required.**

Minimum: 8, Maximum: 15.

#388010A Tuesdays 6:15 - 7:00 p.m. Jul. 10 - Aug. 14

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Park, Next to Pavilion

FEE: \$50 residents/\$55 non residents




All camps marked with a letter will receive a letter through e-mail/mail prior to the first day of camp.

Explorer Day Camp

12

Ages 6 - 12

 This week long camp will offer a variety of weekly programs including swimming, games, crafts, nature activities and a weekly field trip or performance. In addition there will be special programs that will change weekly including cooking, biking, snorkeling, orienteering, tennis lessons, hiking, and tie dying to name a few. This camp will be held rain or shine so make sure you child has the appropriate clothing. Campers will need a water bottle, snack, lunch, sunscreen, bathing suit, towel and sneakers daily. Campers will receive one camp T-shirt regardless of the number of weeks they attend. **RAIN LOCATION:** Colchester Middle School. **Field Trips:** Will be held on Thursday unless otherwise posted. **Minimum: 25, Maximum: 60.**

Session A

#384000A Mon - Fri 8:00 a.m.- 4:00 p.m. June 18 - 22

Session A: Extended Hours:

#384000A1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000A3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000A4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session B

#384000B Mon - Fri 8:00 a.m.- 4:00 p.m. June 25 - 29

Session B: Extended Hours:

#384000B1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000B3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000B4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session C: (No Camp Wednesday, July 4th)

#384000C Mon, Tue, Th, Fri 8:00 a.m.- 4:00 p.m. July 2 - 6

Session C: Extended Hours:

#384000C1	Mon, Tue, Th, Fri	7:30 - 8:00 a.m.	\$4
#384000C3	Mon, Tue, Th, Fri	4:00 - 5:00 p.m.	\$11
#384000C4	Mon, Tue, Th, Fri	4:00 - 5:30 p.m.	\$13

Session D

#384000D Mon - Fri 8:00 a.m.- 4:00 p.m. July 9 - 13

Session D: Extended Hours:

#384000D1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000D3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000D4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session E

#384000E Mon - Fri 8:00 a.m.- 4:00 p.m. July 16 - 20

Session E: Extended Hours:

#384000E1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000E3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000E4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session F

#384000F Mon - Fri 8:00 a.m.- 4:00 p.m. July 23 - 27

Session F: Extended Hours:

#384000F1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000F3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000F4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session G

#384000G Mon - Fri 8:00 a.m.- 4:00 p.m. Jul. 30 - Aug. 3

Session G: Extended Hours:

#384000G1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000G3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000G4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session H

#384000H Mon - Fri 8:00 a.m.- 4:00 p.m. August 6 - 10

Session H: Extended Hours:

#384000H1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000H3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000H4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session I

#384000I Mon - Fri 8:00 a.m.- 4:00 p.m. August 13 - 17

Session I: Extended Hours:

#384000I1	Monday - Friday	7:30 - 8:00 a.m.	\$5
#384000I3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000I4	Monday - Friday	4:00 - 5:30 p.m.	\$16



LOCATION: Bayside Park, Pavilion (Rain Location: Colchester Middle School, Gym)
FEE: \$125 residents/\$130 non residents (Session C Only: \$100 residents/\$105 non residents)

OPTIONAL: Swimming Lessons During Explorer Day Camp

If you would like your child to enroll in swimming lessons while attending camp you must register separately for the lessons, you must sign up for the **1:00 - 1:50 slot which is exclusively for Day Camp participants only.** Lessons are an additional \$20 residents/\$25 non residents (*Discounted \$10 off regular swim lessons*). Lessons will be held on Monday, Tuesday, Wednesday & Friday. There will not be class on Thursdays as that is field trip day. **Minimum: 2, Maximum: 10.**

Session A: Week of June 18

1:00 - 1:50 p.m.	Level 1/2: 311A2	Level 3/4: 313A2	Level 5/6: 315A2
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Session B: Week of June 25

1:00 - 1:50 p.m.	Level 1/2: 311B2	Level 3/4: 313B2	Level 5/6: 315B2
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Session D: Week of July 9

1:00 - 1:50 p.m.	Level 1/2: 311D2	Level 3/4: 313D2	Level 5/6: 315D2
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Session E: Week of July 16

1:00 - 1:50 p.m.	Level 1/2: 311E2	Level 3/4: 313E2	Level 5/6: 315E2
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Session F: Week of July 23

1:00 - 1:50 p.m.	Level 1/2: 311F2	Level 3/4: 313F2	Level 5/6: 315F2
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Session G: Week of July 30

1:00 - 1:50 p.m.	Level 1/2: 311G2	Level 3/4: 313G2	Level 5/6: 315G2
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Session H: Week of August 6

1:00 - 1:50 p.m.	Level 1/2: 311H2	Level 3/4: 313H2	Level 5/6: 315H2
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Session I: Week of August 13

1:00 - 1:50 p.m.	Level 1/2: 311I2	Level 3/4: 313I2	Level 5/6: 315I2
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SWIMMING LESSON FEE FOR DAY CAMPERS: \$20 residents / \$25 non residents per session

Athletic Program

YOUTH FIELD HOCKEY

Ages 7 - 11



This six week program is designed to introduce your child to the exciting game of field hockey! Your child will learn the fundamental skills of field hockey as well as modified rules. This program will meet two times a week, Tuesday nights will consist of skills and drills in a fun and interactive format, and Saturday mornings will consist of mini games. This program is run by Katie Comeau, CMS A Team Coach and VT Field Hockey Umpire. *All players will need a stick, shin guards, mouth guard and goggles. Sticks and goggles may be purchased for an additional fee. Minimum: 20, Maximum: 40.*

#300003A Tues & Sat 5:30 - 6:30 p.m.
9:00 - 10:15 a.m. Jun. 12 - Jul. 21

STICK & GOGGLES PURCHASE OPTION

#300003B PURCHASE OF A STICK \$28 EACH
#300003C PURCHASE OF GOGGLES \$25 EACH

COACH: Katie Comeau, CMS A Team Field Hockey Coach
LOCATION: Colchester Middle School, Athletic Fields
FEE: \$75 residents/\$80 non residents

Stick Purchase Option: \$28/Goggles Purchase Option: \$25

TRACK & FIELD

Ages 7 - 15 (must not turn 15 prior to 12/31/12)

Colchester Parks & Recreation's Track program helps to develop and enhance skills of running, jumpin, throwing and skills that are important in the success of any sport or fitness activity, with an emphasis on fun and fitness. This track program will also serve as a training session for our team to attend the Hershey State Track meet that will be held on July 7th in Essex and the VRPA Track meet on July 21st in St. Johnsbury. Athletes turning 15 by 12/31/12 and those children 7 & 8 may compete in both meets. **Maximum: 50.**

#388003A Tues & Thurs 6:00 - 7:30 p.m. Jun. 12 - Jul. 24

COACH: Jude Olson
LOCATION: Colchester High School, Track
FEE: \$63 residents/\$68 non residents

TENNIS TOTS

Ages 5 - 8

Tennis Tots is designed to introduce Tennis to the young player just beginning the game. Age appropriate equipment will be used for kids to gain a greater confidence and build better skills. Staff will introduce basic strokes and incorporate those skills into many fun games. This combination of skills and games will help the kids gain a real love for the game! *Racquets provided if needed.*

Minimum: 4, Maximum: 12.

Session A

#301200A Mon - Fri 9:00 - 10:00 a.m. June 18 - 22

Session B

#301200B Mon - Fri 5:00 - 6:00 p.m. July 9 - 13

Session C

#301200C Mon - Fri 9:00 - 10:00 a.m. July 16 - 20

Session D

#301200D Mon - Fri 5:00 - 6:00 p.m. Jul. 30 - Aug. 3

Session E

#301200E Mon - Fri 9:00 - 10:00 a.m. August 13 - 17

INSTRUCTOR: Colchester Parks & Recreation Staff, Jim Olson
LOCATION: Bayside Park, Upper Tennis Courts
Rain Location: Colchester Middle School, Gym
FEE: \$30 residents/\$35 non residents

PAINTBALL

Ages 10 - 14

Come out to Colchester Paintball and enjoy a day of playing paintball. Games will involve two teams against each other in a variety of courses while trying to capture their opponents flag. Groups will be divided up according to age while playing on separate courses like the fort, speed trees, pallets and spools. Games will be closely supervised by professional referees while the game is being played. Players will receive a semi-auto marker, 500 balls, and facemask to use. *There is a seperate waiver form from Colchester Paintball which will need to be filled out prior to the activity. Minimum: 10, Maximum: 150.*

#340020A Wednesday 1:00 - 4:00 p.m. June 13

INSTRUCTOR: Colchester Paintball Staff
LOCATION: Colchester Paintball, 1751 East Road
FEE: \$31 residents/\$36 non residents

BASKETBALL CLINIC

Ages 10 - 14



Join former UVM player Ryan Shields for a four week basketball clinic/pick-up program. The first part of each night Ryan will focus on a different basketball skill. Then players will get to incorporate their new skills in a pick-up setting. *Players should bring a drink and appropriate size basketball. Minimum: 8, Maximum: 20.*

#387020A Tuesdays 6:00 - 7:30 p.m. Jul. 24 - Aug. 14

INSTRUCTOR: Ryan Shields, Former UVM Basketball Player
LOCATION: Airport Park, Basketball Court
FEE: \$20 residents/\$25 non residents

START SMART FOOTBALL

Ages 5 - 7

This six week football program will introduce and prepare children for organized football. Children will work one-on-one with their parent in a fun, non-threatening environment. Our instructor will teach and lead a variety of football skills including: Throwing, catching, kicking/punting and running/agility. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-registration is required.**

Minimum: 8, Maximum: 15.

#388015A Thursdays 6:15 - 7:00 p.m. Jul. 26 - Aug. 30

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Bayside Park, Next to Pavilion
FEE: \$50 residents/\$55 non residents

YOUTH TENNIS CLINICS

Ages 9 - 13

All group clinics are offered in two week sessions. If necessary, rain-outs will be held on Thursday & Friday at the scheduled time. Clinics will be structured around the beginner to intermediate level. Participants will remain active through on court instruction and play. A great way to learn and improve those tennis skills!

Minimum: 4, Maximum: 12.

Session A

#301201A Mon - Wed 5:00 - 6:30 p.m. June 18 - 27

Session B

#301201B Mon - Wed 5:00 - 6:30 p.m. July 16 - 25

INSTRUCTOR: Colchester Parks & Recreation Staff, Jim Olson
LOCATION: Bayside Park, Upper Tennis Courts
FEE: \$50 residents/\$55 non residents

Athletic Camps

14

BIKE CAMP

Ages 10 - 14

Enjoy touring Colchester during this fun week of biking. Bikers will take daily trips, learn bike safety, bike maintenance, map reading and proper hydration/nutrition. Kids need to be ready for a physically challenging week. Participants will need to bring a bike with gears and a helmet daily. Please be aware that muddy conditions may be encountered. If you need a bike please inform the Recreation Department when registering. Please indicate t-shirt size.

Minimum: 10, Maximum: 20.

#387015A Mon - Fri 8:00 a.m. - 12:00 p.m. June 18 - 22

INSTRUCTOR: Colchester Police Department & North Star Cyclery

LOCATION: Bayside & Airport Parks

FEE: \$35 residents/\$40 non residents



HOOK A KID ON GOLF - TEE LEVEL

Ages 8 - 15

Colchester Recreation and The Stephen J. Brown Junior Golf Foundation present this wonderful week of golf. To be an eligible participant you must have never played golf before and do not own a set of golf clubs. This clinic is designed to introduce swing fundamentals, rules, etiquette and history of the game. At the end you will get to play on a golf course with your new skills and brand new set of clubs that are yours to keep. The Hook a Kid on Golf Program is developed by the National Alliance for Youth Sports.

Minimum: 10, Maximum: 12.

Session A

#388004A Mon - Fri 8:00 - 11:00 a.m. June 18 - 22

Session B

#388004B Mon - Fri 8:00 - 11:00 a.m. August 6 - 10

INSTRUCTOR: Colchester Parks & Recreation Staff, Mark Ellingson

LOCATION: Essex Country Club: 332 Old Stage Rd, Essex

FEE: \$110 residents/\$115 non residents

TENNIS ACADEMY

Ages 7 - 14

Tennis Academy is a tennis camp that runs from 10:30 a.m. - 1:30 p.m. The end of each day will be set aside for lunch and a supervised swim at Bayside Beach. Camp will focus on strokes and provide match play and or lead-up games/drills to reinforce tennis skills and rules. **Campers must bring tennis racquet, bathing suit, towel, sunscreen, lunch and plenty to drink (please no soda).**

Minimum: 4, Maximum: 12.

Session A: Ages 7 - 10

#301300A Mon - Fri 10:30 a.m. - 1:30 p.m. June 18 - 22

Session B: Ages 11 - 14

#301300B Mon - Fri 10:30 a.m. - 1:30 p.m. June 25 - 29

Session C: Ages 7 - 10

#301300C Mon - Fri 10:30 a.m. - 1:30 p.m. July 16 - 20

Session D: Ages 11 - 14

#301300D Mon - Fri 10:30 a.m. - 1:30 p.m. July 23 - 27

Session E: Ages 7 - 10

#301300E Mon - Fri 10:30 a.m. - 1:30 p.m. Jul. 30 - Aug. 3

Session F: Ages 11 - 14

#301300F Mon - Fri 10:30 a.m. - 1:30 p.m. August 13 - 17

INSTRUCTOR: Colchester Parks & Recreation Staff, Jim Olson

LOCATION: Bayside Park, Upper Tennis Courts

Rain Location: Colchester Middle School, Gym

FEE: \$80 residents/\$85 non residents



GIRLS LACROSSE CAMP

Ages 8 - 13

Camp will be for beginners to intermediates and will focus on the fundamentals and instruction of lacrosse: passing, catching, shooting and dodging, and above all experience the fun of lacrosse. Defense and team play will also be introduced. Some sticks are available to use for the week for those who don't have one.

Minimum: 15, Maximum: 40.

#388009E Mon - Fri 8:00 - 12:00 p.m. June 18 - 22

INSTRUCTOR: Ashley Hughes, SMC Girls Lacrosse Coach

LOCATION: Colchester Middle School, Athletic Fields

Rain Location: Malletts Bay School, Gym

FEE: \$60 residents/\$65 non residents

GIRLS GYMNASTICS CAMP

Girls Ages 7 - 11

For both beginners and those interested in expanding their knowledge of the sport. The focus will be on the fundamentals of balance beam, vault and floor exercise, with an emphasis on developing strength, coordination and flexibility. Students will learn elements and skills according to individual ability and work on the basics of building routines. A week of fun, games and exercise! **Gymnasts must bring with them each day a snack, water bottle and sturdy shoes.** **Minimum: 7, Maximum: 20.**

#386012A Mon - Fri 8:00 a.m. - 12:00 p.m. June 25 - 29

INSTRUCTOR: Colchester Parks & Recreation Staff, Karen Krajacic

LOCATION: Malletts Bay School, Gym

FEE: \$65 residents/\$70 non residents



BASKETBALL CAMP

Ages 6 - 14

Emphasis will be placed on basketball fundamentals including dribbling, passing, shooting, rebounding and defensive play. Each player will receive instruction and personal attention in learning basic skills while being encouraged to learn at his/her own rate. Camp games will be played daily for enjoyment and to develop team play. **Players need to bring a water bottle & wear sneakers.** Players will receive a camp t-shirt. All levels welcome.

Minimum: 15, Maximum: 40 per session.

Session A: (Ages 6 - 8)

#388001A Mon - Fri 1:00 - 3:00 p.m. June 25 - 29

LOCATION: Malletts Bay School, Gym

Session B: (Ages 9 - 14)

#388001B Mon - Fri 8:00 a.m. - 11:00 a.m. June 25 - 29

LOCATION: Colchester High School, Gym

COACH: Joe Johnston & Colchester Parks & Rec Staff

FEE: **Session A:** \$42 residents/\$47 non residents

Session B: \$58 residents/\$63 non residents

Athletic Camps



FISHING CAMP

Ages 10 - 15 (Age 15 needs a VT Fishing License)

Lake Champlain International, Inc. (LCI) has partnered with Colchester Parks & Recreation to bring kids a memorable fishing experience! During this five-day camp, participants will travel to different bodies of water while trying to catch different species of fish. Along the way, we will educate you on fish identification, fishing regulations, lure, bait and equipment choices, outdoor skills and the State of Vermont Fish and Wildlife's Let's Go Fishing program. Camp will be led by a Professional Outdoor Guide who will provide you with some fishing secrets. An informational camp letter will be sent out prior to camp. **LCI will provide each participant a rod & reel and terminal tackle.**

Minimum: 7, Maximum: 10.

Session A

#386002A Mon - Fri 7:30 a.m. - 12:30 p.m. July 9 - 13

Session B

#386002B Mon - Fri 7:30 a.m. - 12:30 p.m. August 6 - 10

INSTRUCTOR: Uncle Jammer's Guide Service Staff

LOCATION: Upper Bayside Parking Lot - Enter off Laker Lane

FEE: \$160 residents/\$165 non residents

BASEBALL & SOFTBALL CAMP

Ages 5 - 12

Our baseball/softball staff will introduce the skills and fundamentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. **All players must bring their own glove, water bottle, hat, cleats or sneakers and a snack. Minimum: 20, Maximum: 25.**

Session A: Baseball Camp (Ages 5 - 6)

#388006A Mon - Fri 8:00 - 11:00 a.m. July 9 - 13

Session B: Baseball Camp (Ages 7 - 12)

#388006B Mon - Fri 8:00 - 11:00 a.m. July 9 - 13

Session C: Softball Camp (Ages 7 - 12)

#388006C Mon - Fri 8:00 - 11:00 a.m. July 9 - 13

COACHES: CHS Varsity Coaches Tom Perry & Geri Witalec

LOCATION: Airport Park, Baseball & Softball Fields

Rain Location: Colchester High School, Gym

FEE: \$75 residents/\$80 non residents

BOYS LACROSSE CAMP

Ages 8 - 15

Camp will focus on the fundamentals and instruction of lacrosse: passing, catching, shooting and dodging, and above all experience the fun of lacrosse. Defense and team play will also be introduced. Campers will eat lunch and swim at Bayside Beach then return to CHS to scrimmage. All players need to bring cleats, sneakers, mouth guard, stick, water bottle, a snack, a lunch, towel and bathing suit and sunscreen. Players also need to bring any/all lacrosse equipment they have; arm pads, shoulder pads, gloves, and helmets. A limited number of loaner equipment will be available. All participants will receive a reversible lacrosse tank top.

Minimum: 15, Maximum: 40.

Session A: U11: Under 11 as of Dec. 31, 2012

#388009A Mon - Fri 8:00 - 3:00 p.m. July 16 - 20

Session B: U13: Under 13 as of Dec. 31, 2012

#388009B Mon - Fri 8:00 - 3:00 p.m. July 16 - 20

Session C: U15: Under 15 as of Dec. 31, 2012

#388009C Mon - Fri 8:00 - 3:00 p.m. July 16 - 20

Purchasing a Lacrosse Stick use code #388009D

FEE: \$32 residents & non residents

COACH: CHS Lacrosse Coach Dan Shepherd

LOCATION: Colchester High School, Athletic Fields

Rain Location: Colchester High School, Gym

FEE: \$100 residents/\$105 non residents

FUSION TAEKWON-DO CAMP

Ages 6 - 12

Taekwon-Do Camp! We are excited to be offering a week long camp. Students will participate in Taekwon-Do Classes, they will be very active. We will be focusing on life skills in a fun centered atmosphere geared toward discipline and respect. **Campers will receive a t-shirt. Minimum: 10, Maximum: 25.**

#387019A Mon - Fri 9:00 a.m. - 3:00 p.m. July 23 - 27

INSTRUCTORS: Master Leslie St. Pierre & Mr. Damir Alisa

LOCATION: Fusion Taekwon-Do

FEE: \$110 residents/\$115 non residents

If registering for both Archery & Fishing Camps there will be supervision of your child provided between 12:30 - 1:00 p.m. Children must bring a lunch if attending both.



ARCHERY CAMP

Ages 10 - 15

Learn and experience the benefits of archery during this introduction to archery. Archer's will experience the thrill of success while being able to proceed at their own pace within a safety structured environment. Progress is tracked and each achievement is celebrated.

Through recurve bows, participants will learn solid archery fundamentals, an efficient shooting form and proper equipment. Archery Camp will be taught by an ASAP Certified Instructor. **All equipment is provided during camp. Participants need to bring a water bottle, snack and sunscreen daily. Minimum: 8, Maximum: 12.**

Session A

#388007A Mon - Fri 1:00 - 4:00 p.m. July 9 - 13

Session B

#388007B Mon - Fri 1:00 - 4:00 p.m. August 6 - 10

INSTRUCTORS: Colchester Parks & Recreation, ASAP Certified

LOCATION: Bayside Park, Softball Field

FEE: \$95 residents/\$100 non residents



Athletic Camps

16

SOCCER CAMP

Ages 5 - 12

Players will receive instruction in small groups, learning soccer skills, team play, small-side games, and above all experience the fun of soccer. From 11:00 a.m. - 2:00 p.m., intermediate players will swim, eat lunch at Bayside Beach and return to CMS to scrimmage. Participants will receive a camp t-shirt. Please indicate shirt size when registering. **All players need to bring a soccer ball, sneakers, water bottle, snack and sunscreen. Intermediate players also need to bring a lunch, towel and bathing suit. Maximum: 40 per session.**

Session A: Juniors (Ages 5 - 7)

#388002A Mon - Fri 8:00 - 11:00 a.m. July 23 - 27

Session B: Intermediates (Ages 8 - 12)

#388002B Mon - Fri 8:00 a.m. - 2:00 p.m. July 23 - 27

INSTRUCTOR: CHS Boy's Varsity Coach Dennis McCannell
LOCATION: Colchester Middle School, Athletic Fields
FEE: Session A: \$58 residents/\$63 non residents
Session B: \$89 residents/\$94 non residents



FOOTBALL CAMP

Ages 8 - 14

This non-contact football camp is for kids of all levels. Experienced players to the backyard ball players are encouraged to join in this fun, educational week of football. Camp will be a daily combination of warm-up activities, stretches, fun drills and skills and a variety of games. No equipment is needed and players will receive a t-shirt. **Participants need to bring shorts, cleats or sneakers, sunscreen, water bottle and nutritious snack. Minimum: 20, Maximum: 50.**

#388000A Mon - Fri 8:00 a.m. - 12:00 p.m. Jul. 30 - Aug. 3

COACHES: CHS Varsity Football Coach, Tom Perry, Staff & Players

LOCATION: Colchester High School, Football Field
FEE: \$81 residents/\$86 non residents

SKATEBOARD CAMP

Ages 8 - 14

Learn from some of Vermont's finest boarders! This camp is geared to skaters with beginner to intermediate skills. Boarders will be split into groups based on abilities. Participants will learn such tricks as pushing, ollieing, dropping in, board slides and grinds. **All boarders must have helmets and wristguards. Minimum: 5, Maximum: 40.**

#388008A Mon - Fri 9:00 a.m. - 12:00 p.m. August 20 - 24

INSTRUCTOR: Talent Skatepark Staff
LOCATION: Bayside Skateboard Park
FEE: \$125 residents/\$130 non residents

MULTI SPORTS CAMP

Ages 5 - 14



New

Give your child the unique opportunity to experience 15 different sports from around the world. Children can learn how to bowl a Cricket ball, score a try in Rugby, shoot hoops and score plenty of goals in a variety of sports from around the world. All activities and games take place in a positive low pressure educational environment under the guidance of our qualified coaches who are chosen for their ability to inspire, motivate and encourage campers.. **Minimum: 16.**

#387100A Mon - Fri 8:00 - 11:30 a.m. August 20 - 24

INSTRUCTOR: US Sports Institution Camp
LOCATION: Airport Park
FEE: \$159 residents/\$164 non residents



VOLLEYBALL CLINIC

Ages 6 - 14

New

The USSI Volleyball clinic is for players from novice to intermediate level. Participants will receive coaching and instruction in all volleyball fundamentals and some tactical areas. No matter what skill level the child is at, they will walk away from this camp more confident in their individual skill base. Development is emphasized in the following areas: hitting, spiking, setting, serving, team attack and defense. **Minimum: 12.**

#387101A Mon - Fri 1:00 - 2:30 p.m. August 20 - 24

INSTRUCTOR: US Sports Institution Camp
LOCATION: Airport Park
FEE: \$99 residents/\$104 non residents



CRICKET CLINIC

Ages 6 - 14

New

Finally get the chance to learn this sport, popular in many countries around the world. Cricket is growing day by day in the USA, it is an exciting sport, easy to learn and fun to play. The USSI cricket camp gives children a structured insight into the sport in a fun relaxed atmosphere. Campers will be guided through all technical areas of the game through fun drills and activities and always finishing with the USSI cricket World Cup! Batting, bowling, fielding, ball handling, positioning and the rules of the game will be covered during the week - all taught by our qualified international cricket coaching staff. **Campers will receive a t-shirt. Minimum: 12.**

#387102A Mon - Fri 2:30 - 4:00 p.m. August 20 - 24

INSTRUCTOR: US Sports Institution Camp
LOCATION: Airport Park
FEE: \$99 residents/\$104 non residents



Dance, Cheer & Yoga Time

GIRL SPIRIT CREATIVE YOGA CAMP

Girls Ages 6 - 11

Calling all girls! Do you enjoy playing, dancing, creating and relaxing? Girls unite to explore creative yoga and dance in a joyful, fun-filled week-long camp! We will explore yoga postures and games, cooperation and trust activities and express ourselves through creative dance and beautiful craft making fostering self-confidence, self-expression and positive self-image where every girl is a WINNER! Girls experience the joy and freedom of being in their body, they deepen their connection with the world around them, and they celebrate their individuality and uniqueness! No special skills required, girls!...just come as you (perfectly) are! **Parents: Please support the Girl Spirit theme by sending your child to camp with healthful, nutritious snacks and a water bottle. Minimum: 8, Maximum: 13.**

#381001A Mon - Fri 8:30 - 11:30 a.m. June 18 - 22

INSTRUCTOR: Sylvia Kabusk, Founder of Girl Spirit Camps and Workshops, Owner of Ananta Yoga

LOCATION: Colchester Meeting House, Upstairs

FEE: \$94 residents/\$99 non residents



BEGINNER TAP & JAZZ

Ages 9 - 12

New

Co- taught by Ms. Michelle and Ms. Rachel, you will practice some basic Jazz technique followed by traditional jazz choreography and then throw on those tap shoes for a tappin' good time! We will move quickly so come ready to learn a lot in 5 days!

Minimum: 3, Maximum: 10.

#381100A Mon - Fri 5:30 - 6:30 p.m. June 18 - 22

INSTRUCTORS: Michelle Little & Rachel Bilodeau

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$70 residents/\$75 non residents

BEGINNER/INTERMEDIATE HIP HOP

Ages 7 - 10 & 11 - 14

If you love to dance this class will help teach you rhythm, musicality, coordination and esteem. In each fast paced class you'll warm up with some cardio, work on strength, and then on to fun Hip Hop choreography. By the end of the week you will have more than one routine under your hat! Please specify Beg/Inter class or Intermediate when registering. **Minimum: 3, Maximum: 10.**

Session B: Beginner/Intermediate (Ages 7 - 10)

#381100B Mon - Fri 6:30 - 7:30 p.m. June 18 - 22

Session C: Intermediate (Ages 11 - 14)

#381100C Mon - Fri 6:30 - 7:30 p.m. June 18 - 22

INSTRUCTORS: Ali Farber & Michelle Barkyoub

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$70 residents/\$75 non residents

DANCERS' CONDITIONING

Ages 10+

New

This class will be taught by Ms. Rachel, AFAA certified personal trainer. This is for all dancers, performers and athletes who want to maintain what they have done throughout the year plus get a jump start on the next year. This camp also includes 7 Yoga passes, one for each week of the camp to further work on strength, balance, coordination and flexibility. Each conditioning class will start with a cardio warm up, then will move to intense strength training working all major muscle groups. The class will end in 30 minutes of practicing tricks, jumps, leaps and other dance movement. **Class will not meet on July 3. Minimum: 1, Maximum: 20.**

#381000B Tuesdays 6:00 - 7:30 p.m. Jun. 19 - Aug. 7

INSTRUCTOR: Rachel Bilodeau

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$130 residents/\$135 non residents



CHEER CAMP

Ages 6 - 12

New

The EPIC Brands combines experience and professionalism to provide you quality camps. Our staff consist of the finest talent chosen from the best professional and collegiate cheerleaders throughout the country. Our action packed schedules, fun awards, and creative material provide cheerleaders with the skills that will help them be leaders in the future! We also provide a craft daily for all of our campers as well as creative games related to cheerleading. For more information about this program visit www.theepicbrands.com **Minimum: 15, Maximum: 50.**

#386008A Mon - Fri 1:00 - 4:00 p.m. August 20 - 24

INSTRUCTORS: Epic Brands Instructors

LOCATION: Colchester Meeting House, Upstairs

FEE: \$142 residents/\$147 non residents



STUDIO 3 TRIPLE THREAT 3 DAY DANCE INTENSIVE

Ages 8+

New

If you love to dance and have traditional training this is a workshop you do not want to miss! 3 days, 3 professional choreographers and more than 3 Genres, including Contemporary, Lyrical, Tap, Jazz, Ballet and more! Headlining this intensive will be Rob Myers from Atlanta, Georgia. Some of his works include Super Bowl Pre-game shows, choreography for Cher, Ying Yang twins and Elton John; he is also the executive director/choreographer for Glitz E. Unlimited, a production and casting company for all events. Each day will consist of 2 intense classes, each 3 hours long. Each class will work on technique and a routine will be taught in that genre. Drop off is available at 8:30 a.m. **Minimum: 1, Maximum: 20.**

#381000C Fri, Sat, Sun 9:00 a.m - 4:00 p.m. Aug. 17 - 19

INSTRUCTOR: Studio 3 Dance & Fitness Instructor

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$240 residents/\$245 non residents

Outdoor Adventure Camps

18

WOODS, WATER & WILDLIFE

Ages 10 - 15 (Age 15 needs a VT Fishing License)

Spend five days in the outdoors with professional guides! This popular program will focus on: hiking, outdoor skills, wildlife identification, outdoor fire building, canoeing, water safety, spin and fly fishing. Learn skills that will last a lifetime. Participants will be physically active daily. Please prepare by bringing a nutritious snack and lunch, plenty of water and appropriate clothing for the weather and activities. **Lunch will be provided on Monday. Minimum: 6, Maximum: 15.**

#386001A Mon - Fri 9:00 a.m. - 4:00 p.m. July 16 - 20

INSTRUCTOR: Uncle Jammer's Guide Service Staff

LOCATION: Monday: Bayside Park
Tuesday - Friday: Colchester Pond

FEE: \$219 residents/\$224 non residents



H.I.K.E.S.

(Hike, Ice cream, Kayak, Explore, Swim)

Ages 10 - 14

We will spend the day hiking, swimming, kayaking and exploring some of the Vermont State Parks. We will end each trip with a stop at a local ice cream shop for a treat. **Minimum: 5, Maximum: 10.**

Session A: Lake Elmore State Park

#330203A Tuesday 7:30 a.m. - 4:30 p.m. July 31

Session B: Waterbury Center State Park

#330203B Tuesday 7:30 a.m. - 4:30 p.m. August 21

TRIP LEADER: Colchester Parks & Recreation Staff

LOCATION: Drop Off & Pick Up at Colchester Town Offices

FEE: \$55 residents/\$60 non residents

T.E.N. (Teens Exploring Nature)

Ages 13 - 16

These adventures will have you hiking, kayaking and exploring the woods and water ways in Vermont and New Hampshire. We'll hike the tallest mountain in Vermont and New Hampshire and enjoy a day kayaking on the Winooski River. **Minimum: 5, Maximum: 10.**

Session A: Mount Mansfield

#330201A Thursday 8:00 a.m. - 4:00 p.m. June 28

Session B: Mount Washington

#330201B Thursday 7:00 a.m. - 7:00 p.m. July 5

Session B: Kayaking on the Winooski

#330201B Thursday 9:00 a.m. - 4:00 p.m. August 16

TRIP LEADER: Colchester Parks & Recreation Staff

LOCATION: Drop Off & Pick Up at Colchester Town Offices

FEE: **Session A:** \$55 residents/\$60 non residents

Session B: \$70 residents/\$75 non residents

Session C: \$90 residents/\$95 non residents



NORTHERN LIGHTS ROCK'N ROPES

5 DAY ADVENTURE CAMP

Ages 10 - 15

This camp focuses on fun with a challenge, building confidence, self-respect and respect for others. In 5 days you'll have excitement and adventure full of challenges, initiatives, games and lots of fun. Activities will include learning techniques of rock climbing, learning to use a map, compass and GPS for geo-caching, low - mid - high level challenge courses and zip wires, and try out our new traversable mid course elements. Learn about communication, trust, risk taking, problem solving and how to be part of a team. Have fun learning about the GPS and compass and test your skills to find NLRI's lost treasure. Our 5-day camp includes more climbing and ropes course challenges, indoor swimming (2 days), culinary lunch (2 days) and a Friday hot dog roast at the end of camp, parents are welcome to attend the roast. Your days will "Zip" by with lots of thrilling memories.

Minimum: 6, Maximum: 15.

#386005A Mon - Fri 9:00 a.m. - 4:00 p.m. August 13 - 17

INSTRUCTOR: Northern Lights Rock & Ice Staff

LOCATION: Northern Lights Rock & Ice,
14 Freeman Woods Rd, Essex Jct.

FEE: \$315 residents/\$320 non residents



NORTHERN LIGHTS ROCK'N ROPES

3 DAY ADVENTURE CAMP

Ages 10 - 15

This camp will focus on rock and ice climbing, hiking and geocaching. All onsite at NLRI, campers will experience our state of the art high and low challenge courses, Entre Prises Rock Climbing Pinnacle and Summer Ice Climbing Wall. **Day One:** Communication and Trust Building Initiatives, Geocaching, Map and Compass Skills, Treasure Hunt, Group Games, Survivor Initiatives and Cargo Zip Wire. **Day Two:** Climbing and Belaying Instruction including The ABC's of safety, Knots, Harness, Helmet, Commands, Techniques, free time for climbing in pairs, High Challenge Course and Zip Wire. **Day Three:** Ice Climbing Instruction, Mid Course Initiatives that include climbing and participant belay & Cargo Zip. **Minimum: 6, Maximum: 15.**

#386005B Wed - Fri 9:00 a.m. - 4:00 p.m. August 22 - 24

INSTRUCTOR: Northern Lights Rock & Ice Staff

LOCATION: Northern Lights Rock & Ice,
14 Freeman Woods Rd, Essex Jct.

FEE: \$169 residents/\$174 non residents



FROM THE GROUND UP -

NATURE CAMP

Ages 8 - 11

Your child will explore and play in the outdoors with 'Nature Lady' Lisa weaving in information. During the week we'll work our way from soil and plants all the way up to the stars, discovering all sorts of goodies in between. **Minimum: 8, Maximum: 15.**

#388025A Mon - Fri 8:00 a.m. - 12:00 p.m. Jul. 30 - Aug. 3

INSTRUCTOR: Lisa Fredette, Colchester Parks & Recreation Staff

LOCATION: Mon, Tues & Fri: Malletts Bay School, Room TBA
Wed & Thurs: Airport Park

FEE: \$70 residents/\$75 non residents



Specialty Camps

KNITTING CAMP

Ages 8 - 12



Learn to knit or improve your skills if you already know how. Enjoy the fun of knitting with others and make a project of your choice. **All materials will be provided.** Campers will need a snack and a water bottle each day. **Minimum: 6, Maximum: 12.**

#387018A Mon - Fri 8:00 a.m. - 12:00 p.m. June 18 - 22

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Music Room

FEE: \$100 residents/\$105 non residents

PAINT YOUR OWN POTTERY CAMP WITH LET'S PAINT

Ages 6 - 12



Paint-your-own pottery camp will be one very creative week! Campers will learn about two different types of paint, how each work and are applied to pottery and about the very exciting kiln firing process. With each type of paint, comes a range of creative techniques to create one-of-a-kind pieces of pottery including stamping, sponge painting, dry-brushing, splatter painting, polka-dots, bubble painting and more. A new piece of pottery each day offers a blank canvas to which campers can use their imagination and new knowledge of painting techniques to create their useable art work. Campers will be using all non-toxic materials. All mugs, bowls and plates will be food, microwave and dishwasher safe once fired. Other projects will include vases, beads, wall plaque and a 4-piece tile mosaic. No experience necessary. ***Please wear 'paint clothes' as well as bring a snack and water bottle each day.*** **Minimum: 12, Maximum: 24.**



Session A

#387013A Mon - Fri 8:00 a.m. - 12:00 p.m. June 25 - 29

Session B

#387013B Mon - Fri 8:00 a.m. - 12:00 p.m. July 16 - 20

INSTRUCTOR: Nichole Cunningham, Let's Paint Staff

LOCATION: Malletts Bay School, Art Room

FEE: \$120 residents/\$125 non residents

If registering for both Paint Your Own Pottery Session A & Jewelry Bead Blast Camp - There will be supervision of your child from 12 - 12:30 p.m. Children must bring a lunch.

JEWELRY BEAD BLAST CAMP

Ages 8 - 12



Come join us for a week of bead and jewelry fun. Accessories make an outfit! In this camp, you make the jewelry to jazz up any outfit. Learn to make bracelets, anklets, necklaces, earrings and pins. Create for yourself or give as gifts. **Campers will need a snack and a water bottle each day. Minimum: 11, Maximum: 23.**

#387014A Mon - Fri 12:30 - 4:30 p.m. Jun. 25 - 29

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Art Room

FEE: \$100 residents/\$105 non residents

INFORMATION TECHNOLOGY CAMP

Ages 8 - 11

In this camp, students will engage in various technologies such as game design, web design, multimedia, sound editing and more. Students will create a variety of projects and learn numerous skills related to technology. Students will engage with a variety of software applications and hardware such as PowerPoint, PhotoStory, Audacity, Magix MusicMaker, Finale Notepad, Nvu, Windows MovieMaker, PowerDirector, Green Screens, camcorders and more. Students will also develop storyboards and scripts for multimedia projects. **Participants must bring a snack, lunch, water bottle and a willingness to learn each day. Minimum: 8, Maximum: 12.**

#386011A Mon - Fri 8:00 a.m. - 4:00 p.m. June 25 - 29

INSTRUCTOR: Bjorn Norstrom, CMS Computer Applications

LOCATION: Colchester Middle School, CAPS Lab

FEE: \$155 residents/\$160 non residents

SPACE CAMP

Ages 8 - 12

Have you ever wanted to travel to the moon? Have you ever wondered just what was out there? Let's travel together to outer space and explore our galaxy! We can custom engineer a trip filled with answers to all of your questions and wonders. NASA inspired and teacher approved. **Space travel makes you hungry and tired so make sure to bring some food replenishment and your swim attire so we can refresh ourselves at the lake when we return each day.**

Minimum: 20, Maximum: 24.

#387012A Mon - Fri 9:00 a.m. - 4:00 p.m. July 9 - 13

INSTRUCTORS: Kristen Mendl & Deb Deen

LOCATION: Malletts Bay School, Art Room

FEE: \$119 residents/\$124 non residents



Registration for summer programs and camps can begin as soon as you receive this brochure!

Specialty Camps

20

2 WEEK PERFORMING ARTS CAMP

Ages 8 - 12

New

NEWLY RESTRUCTURED this 2 week camp is an amazing introduction to the wonderful world of theatre! Children will learn about stage terminology, stage makeup, set design, masks & body language, costume design, improvisation, character study, projection, and memorization. During the 2 week camp the campers will also have the opportunity to see at least 1 plays put on by professional thespians. Parents are invited to a show on the last day of camp at 3 pm where the children will perform a short play. **Please bring a snack, water bottle, lunch, bathing suit and towel. Please wear comfortable clothing (no skirts or dresses) and sneakers (no sandals!) each day.** Minimum: 15, Maximum: 24.

#387005A Mon - Fri 8:00 a.m. - 4:00 p.m. July 9 - 20

INSTRUCTOR: Danielle Bohrer, Thespian

LOCATION: Colchester High School, Theatre

FEE: \$260 residents/\$265 non residents

COOKING CAMP LEVEL 1

Ages 8 - 11

Come learn how to make healthy summer time meals and snacks with CMS Family and Consumer Science teacher, Ms. Gavin. Each day we will make a new delicious and nutritious recipes all perfect for sharing with friends and family. We will learn about kitchen safety and kitchen equipment. By the end of the week each camper will go home with a homemade cookbook filled with recipes we made in camp! **You may only register for one session.** Minimum: 9, Maximum: 12.

Session A

#387003A Mon - Thurs 9:00 a.m. - 12:00 p.m. July 16 - 19

Session B

#387003B Mon - Thurs 9:00 a.m. - 12:00 p.m. July 23 - 26

INSTRUCTOR: Connie Gavin, CMS Family and Consumer Science

LOCATION: Colchester Middle School, FCS Room 206

FEE: \$95 residents/\$100 non residents

COOKING CAMP LEVEL 2 FARM TO PLATE

Ages 8 - 12

Let's get our hands dirty! Recipes will feature seasonal Vermont food products. We'll even plant some of our own! Some advanced meal preparation methods will include knife safety and canning methods to make things like jams, pickles or salsa. All campers will leave with a creative cookbook of all recipes we prepare. **PREREQUISITE: INCOMING 6 - 7 GRADERS OR HAVE TAKEN LEVEL 1 THIS SUMMER OR LAST SUMMER.** Minimum: 5, Maximum: 6.

Session A1

#387003A1 Mon - Thurs 1:00 - 3:00 p.m. July 16 - 19

Session B1

#387003B1 Mon - Thurs 1:00 - 3:00 p.m. July 23 - 26

INSTRUCTOR: Connie Gavin, CMS Family and Consumer Science

LOCATION: Colchester Middle School, FCS Room 206

FEE: \$95 residents/\$100 non residents



A BUG'S LIFE

Ages 8 - 12

So, you think life is tough? Try spending a day as an ant. All campers will collect insects and assemble their own collection which they will bring home at the end of the week. Entomology is the science that studies insects and this camp will have the opportunity to meet the VT state entomologist and spend a day collecting with him. **Campers will need sunscreen, snacks and a water bottle each day. All campers will receive their very own Insect Collecting and Mounting Kit.** Minimum: 8, Maximum: 12.



#387002A Mon - Fri 8:00 a.m. - 12:00 p.m. August 6 - 10

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Meeting House

FEE: \$99 residents/\$104 non residents

If registering for both A Bug's Life & Greek Greatness - There will be supervision of your child from 12 - 12:30 p.m. Children must bring a lunch.

GREEK GREATNESS

Ages 8 - 12

New



Greek mythology comes to life this summer! Learn about the ancient gods of Mount Olympus. This Camp is an introduction into the world of Greek Art and all its wonders. Create Greek artifacts out of paper mache', a Medusa shield, Grecian vases and more Greek things! **Campers will need sunscreen, snacks and a water bottle each day.** Minimum: 8, Maximum: 12.

#387002B Mon - Fri 12:30 - 4:30 p.m. August 6 - 10

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Meeting House

FEE: \$80 residents/\$85 non residents

RECYCLE CHALLENGE

Ages 8 - 12

New

Upcycling: the process of converting waste materials or useless products into new materials or products of better quality or a higher environmental value. Help your parents empty their recycling bins and let's turn trash into treasure! The possibilities are as endless as your imagination. There hundreds of cool things that you can make from a simple old t-shirt! We will finish our week forming teams and competing in a recycle challenge! **Creative constructing can be tiring so make sure to bring snack, lunch, and your swimming gear and we will refresh by the lake each day!** Minimum: 20, Maximum: 24.

#387001A Mon - Fri 9:00 a.m. - 4:00 p.m. August 6 - 10

INSTRUCTORS: Kristen Mendl & Deb Deen

LOCATION: Malletts Bay School, Art Room

FEE: \$119 residents/\$124 non residents



All camps marked with a letter will receive a letter through e-mail/mail prior to the first day of camp.

Specialty Camps & Adult



PUBLIC SERVICES AWARENESS (P.S.A.) CAMP

Ages 9 - 14

Have you ever wondered how a firefighters safely control fires or how rescue knows what to do in a medical emergency? Find the answers and learn many more emergency service skills and techniques during a physically active Military themed week of camp. Participants will challenge themselves daily in a non-competitive, safe environment while under watchful eyes of experienced and certified emergency service professionals. Some activities will be: firefighting skills, fire suppression, CPR (you will receive a certification), and more. *Kids will need to pack a lunch daily. Further information will be mailed out prior to camp. Minimum: 12, Maximum: 20.*

#387009A Mon - Thurs 9:00 a.m. - 4:30 p.m. August 13 - 17
Thurs sleepover at CCVFC Friday pick up 12:00 p.m.

INSTRUCTOR: Colchester Center Fire & Colchester Rescue
LOCATION: Colchester Center Volunteer Fire Company
Route 2A, Main Street, Colchester
FEE: \$75 residents/\$80 non residents



LIGHTS, CAMERA...ACTION! FILM CAMP

Ages 10 - 14

Kids will have the opportunity to learn about the equipment used to create television programming and create their own short program to air on Lake Champlain Access Television. All participants will be taught how to operate a camera, direct a television program and digitally edit their work. Each child will receive a DVD of all of the projects completed during the camp. *Kids should bring a snack as we will have a 15 minute break for snack each day.* **Minimum: 4, Maximum: 10.**

#387004A Mon - Fri 9:00 a.m. - 12:00 p.m. August 20 - 24

INSTRUCTOR: Stephanie Soules, LCATV Staff
LOCATION: Lake Champlain Access Television, 354 Prim Rd.
FEE: \$55 residents/\$60 non residents



CAMELS HUMP SUNSET HIKE

Ages 16+

Join us as we hike up the summit of Camels Hump and watch the sunset over the Adirondacks. This is a strenuous hike with a 2300 foot elevation gain. We will meet at the Colchester Town Offices and carpool to the Trail Head. Hike details will be provided after

registration. Pre-registration is required. *All hikers must have a headlamp. Minimum: 4, Maximum: 8.*

#320042A Wednesday Departure 5:00 p.m. June 27
Return around 10:00 p.m.

TRIP LEADER: Colchester Parks & Recreation Staff
DEPARTURE FROM: Town Offices, 781 Blakely Road
LOCATION: Camels Hump State Park
FEE: FREE



FITNESS FUSION

Ages 18+



Are you looking for an early morning workout to get your day started? We bring you Fitness Fusion, a class designed to make you work hard and have fun doing it. Sessions will include a combination of high intensity exercises designed in an interval format to give you that full body workout you desire. You can expect to gain strength, balance, stability, core strength, agility, endurance and more. No two weeks will be the same as we aim to challenge your body in a variety of different ways! **Minimum: 4, Maximum: 15.**

Session A

#360015A Wed & Fri 6:30 - 7:30 a.m. May 9 - Jun. 8

Session B

#360015B Wed & Fri 6:30 - 7:30 a.m. Jun. 13 - Jul. 13

Session C

#360015C Wed & Fri 6:30 - 7:30 a.m. Jul. 18 - Aug. 17

INSTRUCTOR: Eric Place, ATC
LOCATION: Colchester RehabGYM, 905 Roosevelt Highway
FEE: \$75 residents/\$80 non residents

ADULT PRIVATE SWIMMING LESSONS

Ages 15+



Do you want to learn to swim or strengthen your strokes but don't feel comfortable in a group setting? Then private lessons are just what you need. Private lessons consist of six-half hour lessons. We work around your schedule to give you the most effective and informative lessons taught by our Water Safety Instructors. *Registrants will be contacted in early May to set up your private lessons.*

#313001C Days & times are worked out with swim instructor

INSTRUCTOR: Colchester Parks & Recreation Waterfront Staff
LOCATION: Bayside Beach
FEE: \$55 residents/\$60 non residents

Registration for summer programs and camps can begin as soon as you receive this brochure!

Adult Programs

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ZUMBA GOLD® 10 CLASS PASS

Ages 18+

This is a great class for all you babyboomers! The moves and pacing suits the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a Fitness-Party known for zesty Latin music, like salsa, merengue, cumbia and reggaeton, the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. It's a dance-fitness class that's friendly, and most of all, fun! Ditch the workout - Come Join the Party! You can use the 10 classes any time you want between May 1 - August 31.

Minimum: 1, Maximum: 20.

#360014A Mon, Wed, Fri 4:30 - 5:15 p.m. May 1 - Aug. 31

INSTRUCTOR: Michelle Little

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$60 residents/\$65 non residents

USE IT TO LOSE IT CHALLENGE

Ages 18+

Do you have weight to lose? Do you need some help losing it? If so, you NEED to take this class and start the new year off right. Incorporated in this 12 week program are diet coaching, exercise training and various fitness assessments to help highlight your successes within the 12 weeks and beyond. You will also get weekly e-mails with healthy tips and recipes to try. This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes and even cash along the way. The more people that join us the higher the cash prize so bring your friends and family, challenge each other, and come LOSE together! Current and former participants have experienced tremendous weight loss through this program and we are confident that you will too! **FEE INCLUDES 36 GROUP TRAINING SESSIONS & 12 WEEK CLUB MEMBERSHIP.**

Minimum: 4, Maximum: 15.

#360017A Tues, Thurs & Sat 5:30 - 6:30 p.m.
10:00 - 11:00 a.m. May 8 - Jul. 28

INSTRUCTOR: Eric Place, ATC

LOCATION: Colchester RehabGYM, 905 Roosevelt Highway

FEE: \$250 residents/\$255 non residents

YOGA BASICS

Ages 18+



Each class in this 5 week series includes breath awareness, postures and relaxation. Guidance and instruction provided for optimum alignment to support you during each class. All levels welcome! All classes are held in a private, clean and comfortable studio within our state of the art facility. **Minimum: 4, Maximum 14.**

Session A

#360008A Tuesdays 8:30 - 9:30 a.m. May 15 - Jun. 12

Session B

#360008B Tuesdays 8:30 - 9:30 a.m. Jun. 19 - Jul. 17

Session C

#360008C Tuesdays 8:30 - 9:30 a.m. Jul. 24 - Aug. 21

INSTRUCTOR: Lisa Tidman, PTA, Yoga Instructor

LOCATION: Colchester RehabGym, 905 Roosevelt Highway

FEE: \$50 residents/\$55 non residents

YOGA FLOW

Ages 18+

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. All classes are held in a private, clean and comfortable studio within our state of the art facility. ***Class will not meet on July 4th.*** **Minimum: 4, Maximum 14.**

Session A

#360009A Wednesdays 5:30 - 6:45 p.m. May 16 - Jun. 13

Session B

#360009B Wednesdays 5:30 - 6:45 p.m. Jun. 20 - Jul. 25

Session C

#360009C Wednesdays 5:30 - 6:45 p.m. Aug. 1 - 29

INSTRUCTOR: Lisa Tidman, PTA, Yoga Instructor

LOCATION: Colchester RehabGym, 905 Roosevelt Highway

FEE: \$60 residents/\$65 non residents

TOTAL BODY CONDITIONING

Ages 18+

Join us for a total body workout. Learn effective strength-building exercises to tone and build muscle as well as help prevent injury. We will incorporate the use of weights, balls, and body-weight type exercises designed to be fun and challenging.

Minimum: 4, Maximum: 14.

Session A

#360010A Thursdays 9:30 - 10:30 a.m. May 17 - Jun. 14

Session B

#360010B Thursdays 9:30 - 10:30 a.m. Jun. 21 - Jul. 19

Session C

#360010C Thursdays 9:30 - 10:30 a.m. Jul. 26 - Aug. 23

INSTRUCTOR: Lisa Tidman, PTA

LOCATION: RehabGym, 905 Roosevelt Highway

FEE: \$50 residents/\$55 non residents

SAND VOLLEYBALL

Ages 18+

Stop by Monday & Wednesday evenings for some exciting sand volleyball! Players of all levels are invited to attend. What better way to enjoy the scenic view of Malletts Bay! All you need to bring is water to drink, we will provide the fun!

Mon & Weds 6:00 p.m. - Dark May 28 - Sept. 3

COORDINATOR: Bill Syverson

LOCATION: Bayside Park, Sand Volleyball Courts

FEE: FREE

ADULT TENNIS CLINICS

Ages 14+

Our clinic will teach basic skills, stroke techniques and rules of the game while being applied in game situations. Designed for the beginner to intermediate player. **Minimum: 4, Maximum: 12.**

#301202A Wednesdays 6:45 - 7:45 p.m. Jul. 11 - Aug. 15

INSTRUCTOR: Colchester Parks & Recreation Staff, Jim Olson

LOCATION: Bayside Park; Upper Tennis Courts

FEE: \$65 residents/\$70 non residents

Adult & Family

RENT A LIFEGUARD

All Ages



Do you own a pool, pond or waterfront rights and are looking to have a party? Do you want swimming to be included but worry about your guests safety? Well look no further! We will provide the lifeguard and rescue equipment needed for your party to be safely water supervised. Maximum number swimmers per lifeguard is 30. Multiple lifeguards are available for larger groups. If location is outside of Colchester area additional fees will be required. Lifeguards will not travel out of Colchester.

Additional paperwork will need to be completed prior to event. To reserve a lifeguard today call Jenn at 264-5643 to see if the date is available.

INSTRUCTOR: Colchester Parks & Recreation Lifeguard

LOCATION: Bayside Beach

FEE: \$25 residents per lifeguard per hour

LEARN TO SAIL

Ages 7 - Adult

Discover Malletts Bay and the sport of sailing this summer! The International Sailing School on Lakeshore Drive is pleased to offer a twelve hour instructional program for families and individuals ages 7 to adult. (7 - 11 year olds must be accompanied by a registered adult). Students may participate as much or as little as they like. Just relax and enjoy the experience or train toward certification, the choice is yours! Teaching ratios will be four students per one instructor. The type of vessel will depend on your goals a small 21-26' cruiser for the "laid back experience" or a 27' racing sloop for the "intense learner". Curriculum will be tailored and customized as per skill level, but look for the following to be covered: terminology, departing and returning to a mooring, sail trim, tacking and gybing, steering a steady course, points of sail, safety requirements and more.

Minimum: 6, Maximum: 12.

Session A

#360003A Tues - Fri 5:30 - 8:30 p.m. June 26 - 29

Session B

#360003B Tues - Fri 5:30 - 8:30 p.m. July 24 - 27

INSTRUCTOR: International Sailing School Instructor

LOCATION: International Sailing School, 511 West Lakeshore Dr

FEE: \$129 residents/\$134 non residents
Family of 2: \$194 residents/\$199 non residents

WATER AEROBICS

Ages 18+



Aquacise: This fat-burning fitness workout incorporates muscular and cardiovascular conditioning. Exercise includes some rhythmic activities, muscle strengthening and toning while having fun too!

Flex-stretch: A low stretch and walk class that moves at a more leisurely pace. This class promotes flexibility, improves posture and increases cardiovascular endurance. Enjoy the rewards of working in a safe and effective exercise program.

Zero-Impact: A deep-water exercise class that strengthens and builds all over muscle tone without impact to the joints. Belts will be provided or you may bring your own. Participants must be able to swim in deep water. *Participants are encouraged to wear aquatic shoes.*

Minimum: 4, Maximum: 11.

Session A: Aquacise (no Class July 3)

#3A Tuesdays 6:00 - 7:00 p.m. Jun. 19 - Jul. 31

Session B: Flex-Stretch (no Class July 4)

#3B Wednesdays 3:00 - 4:00 p.m. Jun. 20 - Aug. 1

Session C: Zero-Impact

#3C Thursdays 9:00 - 9:45 a.m. Jun. 28 - Aug. 2

INSTRUCTOR: Colchester Parks & Recreation Waterfront Staff

LOCATION: Bayside Beach

FEE: \$25 residents/\$30 non residents

DOG DAY AT THE BEACH

All Ages

For this one time only dogs are allowed to swim at the beach. We invite all furry friends to the beach for a fun dog day at the beach. Dogs of all sizes are welcomed but must be leashed. **Humans will not be allowed to swim.** All dogs must show their 2010, 2011, or 2012 rabies tag or proof of vaccination! Registration not required.

Saturday 10:00 a.m. - 12:00 p.m. August 18

FACILITATOR: Colchester Parks & Recreation Beach Staff

LOCATION: Bayside Beach

FEE: FREE



Registration for summer programs and camps can begin as soon as you receive this brochure!

GREAT ESCAPE & SIX FLAGS NEW ENGLAND TICKETS

Why stand in line after traveling for hours to get into your favorite amusement park? Stop by the Colchester Parks & Recreation Department and pick up your discounted tickets. 2012 price at the gate is \$49.99 for Great Escape Tickets and Six Flags New England Tickets! Wow don't miss out on this great deal! **PLEASE NOTE WE DO NOT ACCEPT VISA/MASTERCARD FOR THESE TICKETS CASH OR CHECK ONLY.**

Great Escape

(48" and over): \$30.00 per ticket

Six Flags New England Springfield, MA

\$33.00 per ticket

REGISTRATION FORM:

Please complete entire form

☐ Colchester Resident
☐ Non Resident

One form can be used for all family members that live in the same household.

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Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ T-Shirt Size (circle size): YS (6-8) YM (10-12) YL (14-16) S M L XL

City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications) _____

REGISTRATION FORM CONTINUES ON REVERSE SIDE

**Registration for Colchester residents can be made beginning when you receive this brochure.
Non-residents may begin registration after March 28th**

Mail completed form and payments to:

Colchester Parks & Recreation
PO Box 55
Colchester, VT 05446

Summer registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full.

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years.

Non residents my register for any program offered, on a space available basis, after March 28.



Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A.) Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B.) Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C.) Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____

Registration confirmations are not mailed unless a receipt is requested. Once registered you are enrolled for that program. We will call only if the program has been cancelled. Thank you! All programs are subject to cancellation if minimum enrollment is not met. Register early to ensure your favorite activity is not cancelled!

Total Due: \$

☐ Check here for a receipt to be sent to you

HERITAGE PARK

HERITAGE PARK: located off Main Street on Heritage Drive, Colchester Village. 1-acre, parking, limited playground, tennis court, basketball court.

FORT ETHAN ALLEN PARADE GROUNDS

FORT ETHAN ALLEN PARADE GROUNDS: between route 15 and Dalton Drive. 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, .9 mile walking trail.

SUNNY HOLLOW NATURAL AREA

SUNNY HOLLOW NATURAL AREA: access from Hercules Drive. 80-acre diverse area, limited parking, 3 miles of walking, mountain biking and x-country trails.

BAYSIDE PARK

BAYSIDE PARK: both sides of Lakeshore Drive at the intersection with Malletts Bay Ave. 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 baseball field, 1 lighted softball field, football/lacrosse field, and a skatepark.

BONANZA PARK

BONANZA PARK: on Bonanza Park Road off Heineburg Drive. .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH

CAUSEWAY PARK & RECREATION PATH: 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

LAW ISLAND

LAW ISLAND: west of Causeway off Colchester Point. 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA

PORTER NATURAL AREA: 56-acre natural area off Mills Point Road.

AIRPORT PARK

AIRPORT PARK: 64.5-acres located on Colchester Point Road. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating and cross-country skiing trails in the winter.

ROSSETTI NATURAL AREA

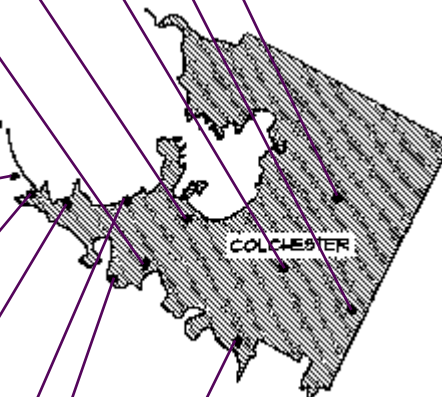
ROSSETTI NATURAL AREA: 47-acres of natural area between lake and Lakeshore Drive/Holy Cross Road/Church Road intersection conserving wetland, woods, and beach.

HEINEBERG ACCESS/BILLADO PARK

HEINEBERG ACCESS/BILLADO PARK: 4-acres, Town and State access to Winooski River, off Heineberg Drive.

VALLEYFIELD PARK

VALLEYFIELD PARK: on Valleyfield Drive off Malletts Bay Avenue. .65-acre neighborhood park with limited playground and all-purpose field.



COLCHESTER PARKS & RECREATION DEPARTMENT
P.O. Box 55
781 Blakely Road
Colchester, VT 05446

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Burlington, VT 05401

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To register for the programs inside this brochure?

It's as easy as 1, 2, 3 or 4

1

REGISTER ONLINE:

Log onto
www.colchestervt.gov
and go to the parks &
rec link and click on
online registration

2

REGISTER IN PERSON:

Visit our office on the
second floor of the town
offices at 781 Blakely Road
during business hours
Monday - Friday,
8:00 a.m. - 4:00 p.m.

3

MAIL:

Mail completed form
and payment (with
check, cash, or credit
card #) to: Colchester
Parks & Recreation
PO Box 55
Colchester, VT 05446

4

FAX:

Fax signed
registration form
along with credit
card number and
expiration date to
264-5647

WE DO NOT ACCEPT PHONE REGISTRATIONS

2012 FACILITY/PAVILION RENTALS:

Facility Reservations for the Summer of 2012 can be
made starting THURSDAY, MARCH 1, 2012.

ATHLETIC FIELD RESERVATIONS:

For more information on renting the Town of
Colchester's Athletic Fields contact Derek Mitchell
at 264-5642 for fees and availability.